

Tilmaamahan waxaa sameeyay xirfadlayaasha caafimaadka dadweynaha iyo daryeelka caafimaadka iyada oo la isticmaalayo xeerarka caafimaadka dadweynaha ee la caddeeyey wakhtiga marka isu gudbinta bulshada ee fayraska keena xanuunka COVID-19 ee Vermont gudaheedu uu aad u hooseeyo. Waxaa dhici karta in la badalo si looga jawaabo duruufaha deegaanka iyo gobolka ee is beddelaya.

## Sidee ayay wax noqonayaan hadii ilmahaygu yeesho calaamado isaga oo guriga jooga ama uu xanuunsado isaga oo dugsiga jooga?

- Hadii uu ilmahaagu qabo wax kamid ah calaamadaha hoos ku qoran, waxa aad ku haysaa guriga oo waxa aad la hadashaa dugsiga si aad ugu sheegto inuu maqnaanayo.
- Hadii uu ilmuhu yeesho wax kamid ah calaamdaha hoos ku qoran inta uu dugsiga joogo, waxa la geyn doonaa meel gaar ah oo loogu talo geley ardayda xanuunsanaysa waana lagula soo hadli doonaa si inta aad ugu timaado aad ugu kaxayso ilmahaaga sida ugu dhakhsaha badan.
- Waxa aanu kugu dhiiri gelinaynaa inaad saxeexo foomka ogolaanshaha oo kuu sahlaya in macluumaadka lala wadaago kaaliyaha caafimaadka dugsiga ilmahaaga (marka la heli karo) iyo bixiyaha daryeelka caafimaadka marka uu ilmahaagu xanuunsanayo.
- Inkasta oo si wayn loo dhiirrigelinayo in wixii go'aan ah ee ku saabsan marka uu ardaygu ku noqon karo dugsiga ay tahay in ay wada gaadhaan kaaliyaha caafimaadka dugsiga, bixiyaha daryeelka caafimaadka ardayda, iyo qoyska, go'aanadan oo kale waa in ay ugu dambeyn xaqiijiyaan amaanka iyo caafimaadka dugsiga ilmahaaga iyo bulshada.

## Goorma ayuu ilmahaygu u baahan yahay COVID-19 [shaybaadhkiisa](#)?

Qufac (cusub)	<p>Hadii uu ilmahaagu qabo <b>WAX KAMID AH</b> calaamadahan, waxay u badan tahay <b>inuu u baahan yahay shaybaadhka COVID-19.</b></p> <ul style="list-style-type: none"> <li>• Kala hadal bixiyaha daryeelka caafimaad ee ilmahaaga wixii talo caafimaad ah iyo booqashada xafiiska ee suuragalka ah ama u gudbinta shaybaadhka.</li> <li>• Waxa aad u sheegtaa qorshaha kaaliyaha dugsiga ilmahaaga ama cida loo wakiishay.</li> </ul>
Neefta oo qabata ama neefta oo dhibta	
Dhadhanka oo meesha ka baxa (cusub)	
Urta oo meesha ka baxda (cusub)	
Xumad kaliya oo joogto ah > 24 saacadood (heerkul ka badan 100.4°)	<p>Hadii ilmahaagu uu qabo <b>LABA AMA WAX KA BADAN</b> calaamdahan, waxaa <b>DHICI KARTAY inuu u baahan yahay shaybaadh COVID-19 ah.</b></p> <ul style="list-style-type: none"> <li>• Kala hadal bixiyaha daryeelka caafimaad ee ilmahaaga wixii talo caafimaad ah iyo booqashada xafiiska ee suuragalka ah si aad u ogaato waxa xiga ee aad samaynayso.</li> <li>• Waxa aad u sheegtaa qorshaha kaaliyaha dugsiga ilmahaaga ama cida loo wakiishay.</li> </ul> <p>Haddii ilmahaagu uu leeyahay <b>MID KALIYA</b> calaamadahan, ku hay ilmahaaga guriga illaa:</p> <ul style="list-style-type: none"> <li>• Ilmahaagu uu bilaa xumad ahaa ugu yaraan 24 saacadood isaga oo aan qaadan dawada xumada.</li> <li>• Uu ladnaa ugu yaraan 24 saacadood (calaamaduhu ay kasoo reeyeen ama baaba'een).</li> </ul>
Xumad (heerkul ka sareeya 100.4°)	
Qadhqadhyo	
Muruq ama jidh xanuun	
Madax xanuun	
Cune xanuun	
Daal	
Sanka oo xidhma ama duuf (cusub)	
Yalaalugo ama hunqaaco	
Shuban	

## Goorma ayuu ilmahaygu ku noqon karaa dugsiga?

Uma **baahnid** qoraal dhakhtar oo saxeexan si ilmahaagu ugu noqdo dugsiga.

- Hadii ilmahaaga **laga baadhay COVID-19:**
  - Waa inuu galaa karantiimada ilaa inta natiijada uu heleyo shaybaadhka.
  - Hadii shaybaadhka **LAGAGA WAAYO**, waxa uu ku noqon karaa dugsiga kadib:
    - Ilmahaagu uu bilaa xumad ahaa 24 saacadood isaga oo aan qaadan dawada xumada. **IYO**
    - Ilmahaagu uu soo dhaamayo sidii hore, **oo** calaamadihii uu ka bogsanayo.
  - Hadii shaybaadhka **LAGAGA HELO**, waxa uu ku noqon karaa dugsiga kadib:
    - Ay kasoo wareegeen 24 saacadood isaga oo bilaa xumad ah oo aan isticmaalin dawooyinka xumada jabiya, **IYO**
    - Ay calaamadaha kale ka baaba'een, **IYO**
    - Ay ugu yaraan 10 maalmood kasoo wareegeen markii uu yeeshay calaamadihii ugu horreeyey.
- Haddii ilmahaagu **aanu** marin shaybaadhka COVID-19 maadaama oo uu kaliya leeyahay hal calaamad ah oo ku taala sanduuqa huruuda ah ee sare, waxa uu ku noqon karaa daryeelka ilmaha ama barnaamijka daryeelka ka baxsan dugsiga marka:
  - Ilmahaagu uu bilaa xumad ahaa 24 saacadood isaga oo aan qaadan dawada xumada **IYO**
  - Ilmahaagu uu ladnaa ugu yaraan 24 saacadood (calaamaduhu ay kasoo reeyeen ama baaba'een).
- Hadii uu ilmahaagu qabo wax calaamado ah oo ku jira sanduuqa cas ama laba ama wax ka badan oo calaamado oo ku jira sanduuqa huruuda ah laakiin aanay arag xirfadlahiisa daryeelka caafimaad oo aanu marin shaybaadh COVID-19 ah, waxa uu ku noqon karaa dugsiga kadib:
  - Ay kasoo wareegeen 24 saacadood isaga oo bilaa xumad ah oo aan isticmaalin dawooyinka xumada jabiya, **IYO**
  - Ay calaamadaha kale ka baaba'een, **IYO**
  - Ay ugu yaraan 10 maalmood kasoo wareegeen markii uu yeeshay calaamadihii ugu horreeyey.

Waraaqahan waxbaa laga beddelay iyada oo ogolaanshe laga heley [Waaxda Caafimaadka Rhode Island](#)

[COVID-19 Bukaanka Caruurta ah \(Kahor-K – Fasalka 12\) Kala Soocidda Bukaanka, Qiimaynta, Shaybaadhka iyo Ku Noqoshada Dugsiga](#)

[Bilaw Xoogan oo Caafimaad Qaba: Tilmaamaha Amaanka iyo Caafimaadka ee Dugsiyada Vermont](#)

This guidance was developed by public health and health care professionals using proven public health principles at a time when community transmission of the virus that causes COVID-19 illness in Vermont is extremely low. It may be revised in response to changing local and state circumstances.

### What happens if my child has symptoms at home or gets sick in school?

- If your child has any of the symptoms listed below, keep them home from school and call the school to report their absence.
- If your child has any of the symptoms listed below while at school, they will be moved to an area set up specifically for students not feeling well and you will be called to come pick up your child as soon as possible.
- We encourage you sign a consent form that allows information to be shared between your child's school nurse (when available) and health care provider when your child is sick.
- While it is strongly encouraged that decisions about when a student may return to school are made with the school nurse, the student's health care provider, and the family, such decisions must ultimately ensure the health and safety of your child's school and community.

### When does my child need a COVID-19 [test](#)?

Cough (new)	<p>If your child has <b>ANY ONE</b> of these symptoms, they likely <b>need a COVID-19 test.</b></p> <ul style="list-style-type: none"> <li>• Call your child's healthcare provider for medical advice and possible office visit or referral to be tested.</li> <li>• Communicate the plan with your child's school nurse or designated personnel.</li> </ul>
Shortness of breath or difficulty breathing	
Loss of taste (new)	
Loss of smell (new)	
Fever alone that persists > 24 hours (temperature higher than 100.4 °)	
Fever (temperature higher than 100.4 °)	<p>If your child has <b>TWO OR MORE</b> of these symptoms, they <b>MIGHT need a COVID-19 test.</b></p> <ul style="list-style-type: none"> <li>• Call your child's healthcare provider for medical advice and possible office visit to determine what to do next.</li> <li>• Communicate the plan with your child's school nurse or designated personnel.</li> </ul> <p>If your child has <b>ONLY ONE</b> of these symptoms, keep your child at home until:</p> <ul style="list-style-type: none"> <li>• They have had no fever for at least 24 hours without the use of fever-reducing medicine.</li> <li>• They have felt better for at least 24 hours (symptoms are improved or gone).</li> </ul>
Chills	
Muscle or body aches	
Headache	
Sore throat	
Fatigue	
Congestion or runny nose (new)	
Nausea or vomiting	
Diarrhea	

## When can my child go back to school?

You **do not** need a signed doctor's note for your child to re-enter school.

- If your child **had a COVID-19 test**:
  - They must quarantine until they have received results of the test.
  - If the test results are **NEGATIVE**, they can go back to school after:
    - Your child has had no fever for 24 hours without taking fever-reducing medicine. **AND**
    - Your child feels better, **and** their symptoms are improving.
  - If the test results are **POSITIVE**, they can go back to school after:
    - It has been 24 hours of no fever without the use of fever-reducing medication, **AND**
    - Other symptoms have improved, **AND**
    - At least 10 days have passed since any symptoms appeared.
- If your child **did not** have a COVID-19 test because they only had one of the symptoms in the yellow box above, they can go back to child care or an out of school care program when:
  - Your child has had no fever for 24 hours without the use of fever-reducing medicine **AND**
  - Your child has felt better for at least 24 hours (symptoms are improved or gone).
- If your child had any symptom in the red box or two or more symptoms in the yellow box but was not seen by their health care professional and did not have a COVID-19 test, they can go back to school after:
  - It has been 24 hours of no fever without the use of fever-reducing medication, **AND**
  - Other symptoms have improved, **AND**
  - At least 10 days have passed since any symptoms appeared.

This document was adapted with permission from the [Rhode Island Department of Health](#)

[COVID-19 in Pediatric Patients \(Pre-K – Grade 12\) Triage, Evaluation, Testing and Return to School](#)

[A Strong and Healthy Start: Safety and Health Guidance for Vermont Schools](#)